

2014
2nd
Semester

Syllabus

Course No. : _____

Course	Training Method	Credit	2	Time	F 12:00	Instructor	Junggi Hong
Department/ Grades	Physical Education			Lecture Schedule Lecture Room			
Office Hours				Office Telephone			
E-mail							
Objectives	The course will examine the theoretical mechanisms and principles of muscle function, focus on understanding the physiologic and neurologic aspect of strength training and cover current research evidence on improving muscle function in people with special needs as well as for athletic performance.						
Method/ Materials	Lecture and some lab sessions Lecture slides will be primary source for the lecture and the published articles will be used as supplement materials.						
Grading	Grading will be based on written test (midterm & finals), research paper (review paper) and presentation.						
Textbook	Essentials of Strength Training and Conditioning, 3 rd edition						
Auxiliary textbook	Not applicable						
Reference book	Not applicable						
Assignment							Remarks
2 Article Critiques Research Paper Class Presentation							

Weekly Schedule

Week	Date	Description	Assignment/ Reference
1	8/30	Introduction	
2	9/6	Structure and Function of the Muscular, Neuromuscular, Cardiovascular, and Respiratory Systems	
3	9/13	Biomechanics of Resistance Exercise	Research Paper Topic Due
4	9/20	Adaptations to Aerobic and Anaerobic Training Programs	
5	9/27	Nutritional Factors in Health and Performance	1 st Article Critique
6	10/4	Principles of Testing and Evaluation	
7	10/11	Exercise Techniques	
8	10/18	Midterm Exam	
9	10/25	Resistance Training Program Design	
10	11/1	Plyometric Training	
11	11/8	Speed, Agility, and Speed-Endurance Development	
12	11/15	Aerobic Endurance Exercise Training	
13	11/22	Periodization	2 nd Article Critique
14	11/29	Rehabilitation and Reconditioning	
15	12/6	Facility Organization and Risk Management	Research Paper Due
16	12/13	Final Exam	